

NRHC

SENIOR CENTER



July 2021
SPECIAL EDITION

CHIT-CHAT



JULIE ADKINS

SENIOR CENTER SUPERVISOR

It's 5 o'clock somewhere  and beginning in July, that's when the center will be closing, 5:00 pm  As life begins to take another step toward "normal", it's important to continue personal safety habits, such as hand sanitizing, being mindful of personal space and staying home when you don't feel well.

JENNIFER MILLS

PROGRAM COORDINATOR

July is hot, hot, HOT! And the weather is pretty warm, too. We are so excited to begin a whole room dedicated to Bridge. There are eight tables ready to welcome you on Thursdays between 8:30 am and 1:30 pm. New classes include Drawing, Dominoes and Dance. Oh, my!

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July Luncheon

Wednesday, July 21, 2021
11:00 am

In partnership with

stryker

Dr. Thomas Carrell, MD

Join us in the Grand Hall for our July Luncheon in partnership with Dr Thomas Carrell, MD and Stryker Orthopedics! Register June 24 or June 25 by 5pm at the front desk. Space is limited.

HOUSING MARKET - SHOULD I SELL?

Tuesday, July 27, 2021

9:30 am - 10:30 am



In partnership with

CENTURY 21®

Mike Bowman, Inc.

Join Michelle Appling with Century 21 and learn about the current market and the advantages to selling now. Registration forms are available June 24 and June 25 by 5pm at the front desk.

Health, Fitness & Classes



**OPEN
PARTY
BRIDGE**

**Thursdays
8:30 am to 1:30 pm**

Bridge has returned!
Continue playing with your previous group or drop in to find an active game. All are welcome!



CHAIR VOLLEYBALL

Friday, July 2 3:00 pm
Friday, July 16 3:00 pm

Register for a fun session of Chair Volleyball. The only rules are to stay in your seat and have lots of fun. Space is limited, so register soon!

Wellness Seminar

**Wednesday, July 7, 2021
10:00 am**




Join Dr. Kate as she discusses "Keeping our Immune Systems Strong." Each month, Dr. Kate shares information that will uplift you and guide you in making healthier choices.

BOOK CLUBS

July's book **"The Rent Collector"**
by **Camron Wright**

Monday Club, July 12 at 12:30 pm.
Friday Club, July 9 at 10:30 am.

August's book **"Something Worth Doing"**
by **Jane Kirkpatrick**



Stop by the NRH Senior Center to complete a registration form June 24 or June 25 by 5pm.

Health, Fitness & Classes

Jenn's
 **SHENANIGANS** 

Now a class!

Jenn finds crafty projects to make and invites you to try it with her!



Friday, July 9
1:00 pm - 3:00 pm

Painted Doormats
\$8

Registration is required.



Card Making Class

Two cards per class!

The fee is \$5 per class to be paid to the instructor on June 30, 10:00 am - 3:00 pm.


or


July 12
 10:00 am

and





July 19
 10:00 am





July 26
 10:00 am




TUESDAY, JULY 13 12:30PM

WEDNESDAY, JULY 28 10:00AM

IN PARTNERSHIP WITH
GREEN VALLEY HEALTHCARE

REGISTRATION REQUIRED

Mind Fit Series

Wednesday, July 14, 2021
10:00 am








In partnership with



We had a fantastic time in June! Join us in July for the Mind Fit Series. Brains show signs of aging, too. Join a fun and informative introduction to activities that can help your mind stay as young as possible. Learn proactive ways to enhance cognitive functioning, including fun group activities. Registration is required.



JULY CALENDAR

8:30 am Silver Sneakers 9:00 am Mahjong 9:30 am Crafty Quilters 1:00 pm Woodcarvers 1:00 pm High Beginner/Improver Line Dance 3:30 pm Beg. Line Dance	8:00 am Pinochle 8:30 am Just Keep Movin' 9:00 am Mahjong 10:00 am Knitwits 11:00 am Tai Chi 12:30 pm NRH Singers 1:00 pm Watercolor Paint 1:00 pm Brazilian Embroidery 3:30 pm Chair Yoga	8:30 am Silver Sneakers 9:00 am Drawing 9:30 am Light & Lively 1:00 pm Jam Session	8:30 am Party Bridge 9:00 am Guitar 9:00 am Dominoes (Mexican Train) 12:00 pm Samba Canasta 1:00 pm Oil Painting 3:30 pm Chair Yoga	8:00 am Pinochle 8:30 am Just Keep Movin' 9:30 am Light & Lively 10:00 am Spanish 1 (Verbs) 10:00 am Yoga/Pilates 1:00 pm Intermediate Line Dance
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	3:00 pm 2 Chair Volleyball 
5 Center Closed for the Fourth of July 	6	7 10:00 am Wellness Seminar	8	9 10:30 am Friday Book Club 1:00 pm \$8 Jenn's Shenanigans
10:00 am 12 Card Making 12:30 pm Monday Book Club	 13 12:30 pm Bingo with Green Valley Healthcare	 14 10:00 am Mind Fit Series with Home Care Assistance	15	3:00 pm 16 Chair Volleyball 
19 10:00 am Card Making	20	21 11:00 am July Luncheon stryker Dr Thomas Carrell, MD	22	23
Register for August! 26 10:00 am Card Making	Register for August! 27 9:30 am Housing Market with Michelle Appling CENTURY 21 <small>Mike Bowman, Inc.</small>	 28 10:00 am Bingo with Green Valley Healthcare	29	30

Registration Week Procedures

Last Five Working Days of the Month

DAY 1 JUNE 24	DAY 2 JUNE 25	DAY 3 JUNE 28	DAY 4 JUNE 29	DAY 5 JUNE 30
Registration Forms Available	Registration Forms Due by 5pm	Staff Enter Registration Forms by Lottery	Pay for Programs if a Fee is Involved	Payment is due by 5pm.

- Residents will be entered first, followed by non-residents.
- All programs need to be paid by 5:00pm on the last weekday of the month.
- If a program is not paid by the deadline, the spot will be filled from the waiting list.
- If married, you may both register on the same form.

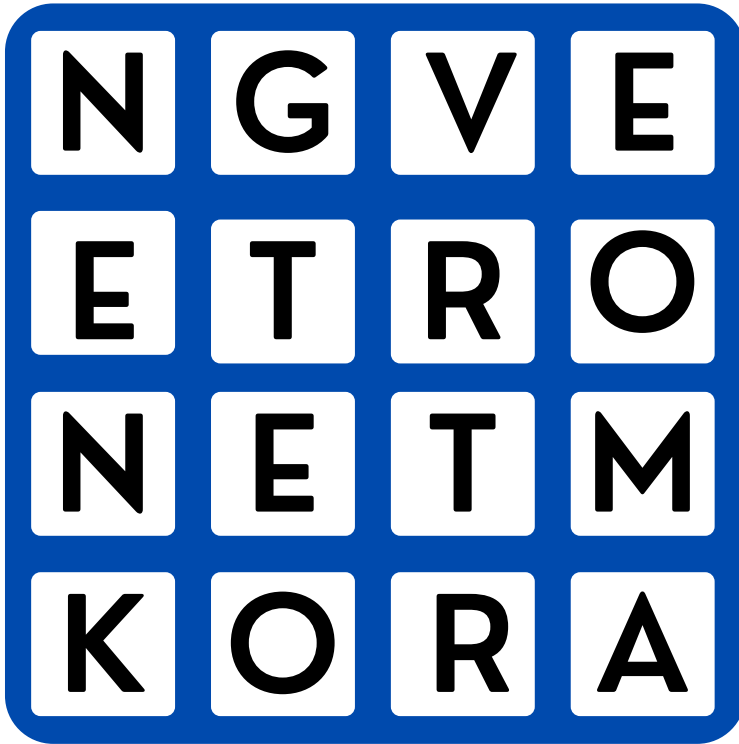
RETURN FORMS FOR
REGISTRATION ON

June 24 or 25, 2021



Brain Business

Boggle



How many words can you find? Form words by connecting letters in any direction - up, down, left, right or diagonal. Letters can only be used once per word, and words must be 3 letters or longer.

These are the Jokes, Folks!

1. What was the most popular dance in 1776?
2. Why did the duck say 'Bang!'
3. What did one flag say to the other flag?
4. What does the Statue of Liberty stand for?



1. Independance
2. Because he was a fire-quacker
3. Nothing. It just waved.
4. Because it can't sit down.





\$5 Monthly Donation

Monthly donations cover coffee & expenses such as cups, lids, creamer, sugar etc...

Garage Sale Items Needed!

Donate gently used, clean items to be sold at the NRH Senior Center Garage Sale. Drop off in the office during business hours. Proceeds pay for the December Luncheon.



Garage Sale Dates

Fri. Sept. 10, 8:00 am - 5:00 pm
Sat. Sept. 11, 8:00 am - 2:00 pm

Wednesday, October 27, 11:00am - 7:00pm
Thursday, October 28, 9:00am - 6:00pm

Senior Crafters

Rent Booths Now

COMMUNITY PARTNERS

We rely on our amazing Community Partners! Many programs would not be possible without their support.

THANK YOU!

stryker
Dr. Thomas Carrell, MD

Green Valley Rehabilitation & Healthcare Center

6850 Rufe Snow Drive
North Richland Hills, TX 76148
T 817-514-4940



Affiliated with Nexion Health,
Your local leader in nursing & rehabilitation services.

CENTURY 21

Mike Bowman, Inc.
MICHELLE APPLING



Julie Adkins
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Jennifer Mills
Program Coordinator
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Open Monday through Friday, 8:00 am to 5:00 pm

<https://www.nrhcentre.com/special-activities>